



The Open Link's Senior Center
location in East Greenville

February 2026



NEWSLETTER

Enriching the Lives of Older Adults in Our Community

Library Renovation Currently Underway

by Wendy Smeltz

You may have spent time in our library perusing the shelves, reading a good book, browsing the internet or accomplishing a task on a computer, or meeting with a volunteer tech coach. What you may not have noticed is that some of the shelves are beginning to sag. Books often slide toward the front of shelves. I have made it a habit to frequently visit the library to push books back against the wall.

When a local Eagle Scout candidate reached out to inquire about possible projects at The Center, I was quick to show him our library. He got to work on a plan, and the project is officially underway!

The library will be open in mid-February with



Library Before Renovations

new sturdy shelves! The shelves will also be spaced evenly, since some of the old ones were not tall enough for books to stand properly.

When the library reopens, it will need someone to keep it organized and tidy. The Center is currently looking for a volunteer to put away books that have been returned, keep them alphabetized, and look for books with damage, books we've had a long time, and/or that don't seem to interest anyone. That way, they can be removed to make room for newly donated books, and discarded books can be taken to the library for bag sales.

Let us know if being a volunteer librarian interests you, and we can explain the volunteer process. If you need assistance with forms and clearances, we can connect you to our volunteer coordinator, Katherine.

Please see page 6 for a thank you to our longtime volunteer librarian, Bunny, for her many hours contributed toward tending to The Center's library!



Left: Floating shelf supports held for many years, but some were bending; **Right:** Jesus Mininger, Boy Scout Troop 108, working on his Eagle Scout Project.

OPEN THE LINK Penn Street provides services to meet the critical needs of individuals and families through a food pantry, employment, education, housing and homelessness services, financial assistance, and more!

The Center in East Greenville offers opportunities for older adults (ages 60+) to stay healthy, active, and connected! Programming is focused on nutrition, exercise, education, enrichment, and socialization. Many programs are open for adults of all ages.

The Center: 517 Jefferson Street, East Greenville, PA 18041

Hours: Mon-Fri 8:00 AM to 4:00 PM

Call or Text: 215-679-6550 | **Email:** center@theopenlink.org

Penn Street: 452 Penn Street, Pennsbury, PA 18073 • 215-679-4112 • www.theopenlink.org

CENTER ACTIVITIES in February

* = Space is Limited

^ = Lower Level

RSVP: Sign up in the Big Room, call or text 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.



MINDFUL MONDAYS^ • Mon., Feb. 2, 2026 - 9:30 AM

Start your week grounded and focused. Activities vary (breathing exercises, coloring for stress release, etc.) *Bring your favorite cup for a soothing cup of tea!* **RSVP not required.**

CHAIR VOLLEYBALL w/ The Residence at Boyertown • Tues., Feb. 3, 2026 - 1:00 PM

 Serve, set, and spike from your seat. First Tuesday of each month. Stay active and improve coordination while having fun with friends. **\$2. RSVP by 2/2.**



Special Lunch: Souper Bowl Party • Thurs., Feb. 5, 2026 - 12:00 PM

 Get ready for the big game with soup and pizza! Wear your favorite sports gear and represent your team! **\$1 Tickets for Raffle Baskets. \$3. RSVP by 2/4.**

STREAMING 101 w/ Randy Bapst of Golden Tech Care • Fri., Feb. 6, 2026 - 12:45 PM

Cable bill got you down? Explore streaming options, like Roku, so you can watch TV while possibly lowering your cable bill. **No Cost. RSVP by 2/5.** *Golden Tech Care is inspired by*

 *the warmth and approachability of golden retrievers, which Randy aspires to bring his customers, helping seniors use tech safely in their Golden Years.*

STAMP COLLECTING^ • Mon., Feb. 9, 2026 - 10:00 AM

Show, share, and trade stamps. Second Monday of each month. **RSVP not required.**



NUTRITION DEMO w/ Teri Wassel* • Tues., Feb. 10, 2026 - 1:00 PM

 Learn how to make a delectable Winter Harvest Salad with brussels sprouts, butternut squash, and apples perfect for a cold winter day. This project is funded by the PA Dept of Health's Preventative Health and Human Services Block Grant, led by Teri Wassel, M.S., R.D., with Mont. Co. **No Cost. RSVP by 2/9.** **Space is limited.*

WORKOUT WEDNESDAY w/ Farryn • Wed., Feb. 11, 2026 - 12:45 PM

 Monthly program. Exercises you can easily incorporate into your everyday routine that Farryn can help you adapt to fit your needs. All skill levels welcome! **No Cost. RSVP by 2/10.** *Phoenix P/T, helping patients recover, recharge, and rise.*

CARDIO DRUMMING • Thurs., Feb. 12, 2026 - 10:00 AM

 Fun full-body workout! Music and movement using a ball, bucket, and drumsticks. Class is led by Instructor Janet, Tribe Nutrition. **\$2. RSVP by 2/11.** **Space is limited. Tribe Nutrition offers a variety of protein shakes and hosts fun and fitness events like weight loss challenges, Bingo, Zumba, Cardio Drumming, and more.*

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BOARD GAMES w/ FIJI^ • Thurs., Feb. 12, 2026 - 12:30 PM



Head to *The Gathering Place* (Lower Level) after lunch. Monica will be there to play board games while we enjoy a visit with her dog Fiji, an official AKC Canine Good Citizen. **No Cost. RSVP by 2/11.**

VALENTINE'S DESSERT • Fri., Feb. 13, 2026 - 12:30 PM



Join us for dessert after lunch. The menu that day is Crabcake w/ Mac & Cheese. **Donations Welcome. RSVP by 2/12.**

TRIVIA TIME: Valentine's • Fri., Feb. 13, 2026 - 1:00 PM

Test your knowledge of love and romance to get ready for the big day! Join a team that day and come up with answers together. **No Cost. RSVP by 2/12.**



MARDI GRAS SPIRIT WEEK! Tues, Feb. 17 to Fri. Feb. 20

Tuesday: Wear Purple, Green, and Gold - and stretchy pants to have room for fastnachts!

Wednesday: Wear Your Favorite Necklace - and share about what it means to you.

Thursday: Wear Something Sparkly - bling, sequins, and anything that sparkles.



Friday: Masquerade - wear a mask (which you can make with us at Thursday's craft).

Learn about the origin of Mardi Gras masks and join us for Mardi Gras Bingo!

FASTNACHT DAY • Tues., Feb. 17, 2026 - 12:30 PM



Traditional fried pastries made to use up rich ingredients like lard, sugar, and eggs before the Lenten fast begins. **Donations welcome. RSVP by 2/16.**



CRAFT: MARDI GRAS MASKS* • Thurs., Feb. 19, 2026 - 12:45 PM

Create a vibrant mask, then wear it to our final day of Mardi Gras Spirit Week on Friday!

\$3. RSVP by 2/18.

MARDI GRAS BINGO w/ Christine from MedMinder • Fri., Feb. 20, 2026 - 1:00 PM

Doors open at 12:30 PM for refreshments and fun. **\$1 to play the whole time. RSVP by**

2/19. Sponsored by MedMinder, a revolutionary medication management platform designed to empower patients and healthcare providers.



BOOK CLUB^ • Mon, Feb. 23, 2026 - 10:00 AM

The Great Mrs. Elias by Barbara Chase-Riboud is a historical novel based on the true story of Hannah Elias. A black woman who rose from poverty in Philadelphia, she became one of the wealthiest women in Gilded Age New York by building a real estate empire, often by passing as white, and navigating a life intertwined with powerful men and a famous murder case. **No Cost. RSVP not req'd. Borrow a book from The Center.**





517 Jefferson St., East Greenville
Call/Text: 215.679.6550
Email: center@theopenlink.org

**\$2 Suggested, Anonymous
Donation for Ages 60+**

Adults <60 = \$5.09

February 2026

RSVP required **24 hours** in advance.

Sign up by 12:00 PM the weekday before.



Monday - Friday
Served at 12:00 PM
Doors open at 11:30 AM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Stuffed Shells w/ Creamy White Wine & Mushroom Sauce, Green Beans, Beets	3 Sliced Turkey w/ Stuffing & Gravy Corn Brussels Sprouts	4 Penne Pasta w/ Sauce & Meatballs Broccoli, Carrots, & Cauliflower	5 Special Lunch: Souper Bowl Party Pizza, Soup and Snacks! 	6 Stuffed Baked Fish Garlic Spinach & Carrots, Herbed Roasted Potatoes
9 Salisbury Steak w/ Tomato Beef Gravy Carrots Whipped Potatoes	10 BBQ Pork Ribette Mashed Sweet Potatoes, Island Blend Veggies	11 Chicken Cordon Bleu Brussels Sprouts, Rosemary Roasted Red Bliss Potatoes	12 Egg & Turkey Sausage Home Fries Scalloped Apples	13 Crabcake w/ Mac & Cheese Stewed Tomatoes Spinach w/ Carrots
16 Center Closed Presidents' Day 	17 Spaghetti & Meatballs Broccoli Sliced Carrots	18 Cheese Omelet & French Toast Cinnamon Sweet Carrots Apple, Pear, and Raisin Compote	19 Chicken Cacciatore Sautéed Spinach w/ Carrots, Mashed Potatoes	20 Baked Tilapia w/ Mustard Cream Sauce, Oriental Blend Veggies, Rice Pilaf
23 Sunday Roasted Chicken Green Beans Mashed Sweet Potatoes	24 Sliced Beef Parslied Potatoes, Island Blend Veggies	25 Breaded Chicken Strips Potato Wedges Fire Roasted Veggie Mix	26 Sweet & Sour Meatballs Mixed Veggies, Brown Rice w/ Peppers	27 Baked Rigatoni Broccoli & Cauliflower, Carrots

Menus are created by a registered dietitian and meet 1/3 of the Recommended Dietary Allowances.

*Substitutions available upon request. Alternate meal options are limited.

Contributions are anonymous and encouraged, but not required and benefit Montgomery County Office of Aging Services (MCOAS). The Center's cost of each meal is \$5.09.



Tasty and nutritious meals complete with side items, bread, 1% milk, coffee, and tea. The Center serves a monthly Special Meal; dietary requirements may not be met. Donations benefit The Center.

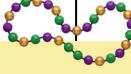
Come for the meal. Stay for friends and fellowship.

February 2026

RSVP **24 hours in advance** for most activities.
 Space is limited for some programs.

ACTIVITY CALENDAR

Activities are targeted to adults aged 60+. Many activities are open to adults of all ages.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Walkercise 9:30 Mindful Mondays ^ 9:45 WOW 12:00 Lunch 12:30 Mahjong^	3 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 1:00 Chair Volleyball <i>w/The Residence at Boyertown</i>	4 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:00 Lunch	5 12:00 Special Lunch: Souper Bowl Party	6 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 12:45 TV Streaming 101
9 9:00 Walkercise 9:45 WOW 10:00 Stamp Collecting^ 12:00 Lunch	10 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 1:00 Nutrition Demo <i>w/Teri Wassel, RD.w/ Mont. Co Health Dept.</i>	11 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:00 Lunch 12:45 Workout Wednesday w/ Farryn	12 10:00 Cardio Drumming <i>w/ Tribe Nutrition</i> 12:00 Lunch 12:30 Board Games <i>w/ Fiji</i> ^	13 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Valentine's Dessert 12:30-4:00 Billiards^ 1:00 Trivia Time 
16 Center Closed Presidents' Day 	17 10:15 Tai Chi 12:00 Lunch 12:30 Fastnacht Day 12:30-2:00 Billiards^	18 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:00 Lunch  Mardi Gras Spirit Week – see page 3	19 12:00 Lunch 12:45 Craft: Mardi Gras Masks 3-6:00 Open House <i>Rescheduled due to snow</i>	20 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 1:00 Mardi Gras Bingo <i>w/ MedMinder</i>
23 9:00 Walkercise 9:45 WOW 10:00 Book Club ^ 12:00 Lunch 12:30 Mahjong^	24 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 1:00 Participants Meeting 	25 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:00 Lunch 12:45 Birthday Party 3:30 Outing: MS Play	26 12:00 Lunch 12:30 Monthly Meetup <i>in The Gathering Place</i> ^ 	27 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 1:00 Outing: Code Blue Shelter

Tech Support by Appointment



Did you receive a tablet, laptop, or smartphone as a gift? If you could use help understanding it, volunteer tech coaches are available!



Blood Pressure Checks
Most Thursdays.
approx. 12:00 PM,
courtesy of **Family Caregivers Network**
"We ensure the safe living of loved one."



Most costs are anonymous, suggested donations. Some programming may incur required costs or advanced payment. Cost should not be a barrier, and an inability to pay does not prevent someone from attending.

^ = Lower Level

Enriching the lives of older adults in our community.

* = Space is Limited

Center Spotlight



Help us give a round of applause and a big thank you to Bunny Cuthbert for keeping The Center's library organized and tidy for more than 10 years!

It started when she was here for activities like card games and exercise classes and noticed books in shopping bags in piles. One day, she and some others started sorting and organizing, and she didn't stop until just this year.

In addition to keeping the books alphabetized on shelves, Bunny maintained a section designated for large print books, appreciated by many of our readers. She also regularly removed outdated books to make room for more recent releases. She then took discarded books to the Upper Perkiomen Library to include in their bag sales, so no book went to waste! Thank you, Bunny, for your contributions over these 10+ years!

Spot the 10 differences between the pictures.



EXERCISE CLASSES AT THE CENTER

Be active, stay healthy, make connections!



Walkercise - Mon. & Wed., 9:00-9:30 AM. Stretch those morning muscles and get your heart pumping! Follow a 30-minute video and enjoy good conversation while moving your feet.

WOW (Women on Weights) - Mon., 9:45 AM. Follow along to videos of strength and resistance training, plus balance and flexibility exercises, in a fun and upbeat class.

ZUMBA - Wed., 9:45 AM. Low-impact, fun, Latin-inspired dance workout modified for older adults. Easy-to-follow video with gentle movements like step touches, hip swings, and arm exercises. Boosts cognitive function, flexibility, and overall mobility. Can be done seated.

Tai Chi - Tues. & Fri., 10:15-11:15 AM. Gentle physical exercises and stretches. Accessible for everyone, can be done seated or with a chair for support. This class follows the popular videos from the Happy Thought Tai Chi Program developed by Master Instructor Mark Cashatt.

Chair Yoga - Fri., 9:00-10:00 AM. Certified instructor Sarah Thayer has a passion for making yoga accessible for everyone! Explore breathing techniques, relaxing meditations, and exercises to enhance strength, flexibility, and balance - all with the support of a chair!

- Classes are targeted for ages 60+, but open to all ages, unless otherwise specified.
- Register for each class once, then come as your schedule allows.
- \$2 anonymous suggested donation per class. Your first class is always free!
- Arrive a few minutes early to secure your spot and set up equipment. Classes begin promptly at their start times to avoid delays to other programming.
- Saving seats is not permitted. Please claim your space upon arrival and avoid setting aside multiple seats for others to create an environment that is welcoming for everyone.



Monthly Exercise Programs: Chair Volleyball, Cardio Drumming, and Workout Wednesday

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PARTICIPANT MEETING • Tues., Feb. 24, 2026 - 1:00 PM

Feedback and suggestions encouraged! Light Refreshments. **No Cost. RSVP by 2/23.**

BIRTHDAY PARTY • Wed., Feb. 25, 2026 - 12:45 PM

 Is your birthday in February? We want to celebrate you! Everyone is welcome. Help us honor special guests, sing 'Happy Birthday,' enjoy cake, and play a fun activity. Anyone with a birthday this month receives a small gift. **No Cost. RSVP by 2/24.**

OUTING: Upper Perk Middle School Play • Wed., Feb. 25 - 3:30 PM

 Featuring Seussical Jr.! A lively musical journey into the whimsical world of Dr. Seuss, following Horton the Elephant as he discovers the tiny planet of Who-ville. Meet at the Middle School: 901 Montgomery Ave., Pennsburg. Carpooling encouraged.



MONTHLY MEETUP IN THE GATHERING PLACE^ • Thurs., Feb. 26, 2026 - 12:30 PM

Refreshments and activities in our Lower Level. **No Cost. RSVP by 2/25.**



OUTING: Code Blue Shelter • Fri., Feb. 27 - 1:00 PM

Come tour the Code Blue Shelter in Pennsburg and learn how we can support our unhoused neighbors in the Valley. **No Cost. RSVP by 2/26.**



ONGOING ACTIVITIES AT THE CENTER

 **TECH SUPPORT** • One-on-one appointments available with a patient, knowledgeable volunteer tech coach. Get help with your smartphone, tablet, laptop, GPS navigation, and more! Please call, email, or visit the front desk to schedule an appointment.

 **MAHJONG^** • Most Mondays, 12:30-4:00 PM. All skill levels welcome. Experienced Mahjong players welcome new participants and are happy to teach you the game!

 **BILLIARDS** • Most Tuesdays & Fridays, 12:30-4:00 PM. All skill levels welcome. Our billiards players are happy to welcome beginners and teach you how to play!

 **SEW MANY PROJECTS** • Most Wednesdays, 10:00 AM-1:00 PM. The *Sew Many Quilters* group, which has been gathering at The Center for many years, is now *Sew Many Projects*. Quilters are still quilting, as well as crocheters and scrapbookers. Handiworkers and crafters of all kinds are invited to join them. Stop by to meet them!



Wed., Mar. 11 - 1 PM • UPHS Play ~ Free Gold Card Show

Thurs., March 12 - 10 AM • Cardio Drumming w/ Tribe Nutrition

Thurs., April 2nd, 2026 Arthritis Foundation Exercise Program w/ MCOAS begins. Space will be limited for this popular 12-wk program



EXTRA! EXTRA!

ANNUAL UPDATES = A Chance to Win \$25

We are already in our second month of a new year. Wow, how time flies! It is that time again that we ask everyone to complete an annual update. Help us ensure that we have your correct information on file: phone number, address, email, emergency contact information, and more.

Some of the questions allow us to get to know our participants and determine if our nutrition programs are of value and meet the needs of our community. By completing an annual update, you also help us be compliant with our senior center contract and maintain program funding.

This update is required to keep your registration active at The Center. **Complete your update in February 2026 and be entered in a raffle for a \$25 gift card!** Ask staff today how to complete your update!



CENTER UPDATES:

INCLEMENT WEATHER POLICY

Both of The Open Link's locations (Penn Street and The Center) follow the Upper Perk School District for guidance on winter weather closures.



UPSD Buildings Closed = Center Closed

If they close their buildings, we close ours.

That means a traditional snow day with no school or a Flexible Instruction Day/Virtual Day of doing schoolwork virtually at home.

UPSD 2-hour Delay = Center Opens at 10:00 AM

The activity schedule begins at 10:00 AM.

Anything before 10:00 AM is cancelled.

Check WFMZ or call The Center for snow closures. Our phone greeting is always updated for holidays and weather-related closures!

Meals on Wheels

Closed = NO Delivery

2-hr Delay = Deliveries on schedule



www.facebook.com/groups/centerattheopenlink.org

FIRST MONDAY COMMUNITY MEAL

Monday, February 2 • 6:00 PM

Different local organizations and companies host these meals every month at cost.

Pennsbury UCC - Sit-down meal

New Goshenhoppen UCC - Take-out meal

CELEBRATING AMERICA'S 250th BIRTHDAY

This year marks our country's 250th anniversary of the signing of the Declaration of Independence. Major events are already underway nationwide, and July 4th, 2026, will feature massive celebrations, especially in Philadelphia and Washington, D.C. The Center hopes to celebrate this important milestone, which we are fortunate to witness, with special activities. Let us know if you have ideas for activities, presentations, tours, lectures, or entertainment!



CODE BLUE DECLARATIONS & SHELTER TOUR

A Code Blue is declared in Montgomery County when the temperature or wind chill is forecast to be below 32 degrees and conditions can pose a threat of serious harm. Code Blues declarations are posted at The Center. During a Code Blue, remember to check on friends and neighbors. If you or someone you know needs assistance with heating bills or with temporary shelter from the cold, please talk to a staff member today.

The Open Link and our partners at The Upper Perk Homelessness Coalition (UPHC) operated the area's first Code Blue shelter in 2024-25, opening every night a Code Blue declaration was called by Montgomery County. The shelter is operating again this year, and it has been a busy season! 10 unique guests have been served, and more than 40 volunteers have helped at the shelter. Join us for an outing to the shelter to learn more. See page 7.

The Center at The Open Link is partially funded by Montgomery County Office of Aging Services. Additional funding comes from grants, foundations, community sponsorship, and generous community members.



Montgomery County
Department of
Health and Human Services